

Open-Faced Turkey Sandwich with Apple and Havarti

The flavors of fall meet in this sandwich. Tangy Havarti cheese provides a pleasing contrast to the sweet apples and spicy arugula. Substitute nutty fontina or mild Muenster for the Havarti, if you prefer.

Ingredients:

4 slices country or peasant bread
4 teaspoons low-fat mayonnaise
4 teaspoons Dijon mustard
1 cup trimmed arugula or other lettuce
4 (1/8-inch-thick) slices red onion
8 ounces thinly sliced deli turkey (2 per sandwich)
1 Fuji or Pink Lady apple, cored and cut crosswise into 8 (1/4-inch-thick) slices
¼ cup (1 ounces) grated Havarti cheese
Coarsely ground black pepper (optional)

Instruction:

Preheat broiler with oven rack in middle position.

Spread each bread slice with 1 teaspoon mayonnaise and 1 teaspoon mustard. Layer each slice with ¼ cup arugula, 1 onion slice, 2 ounces turkey, 4 apple slices, and 1 tablespoons cheese.

Place sandwiches on a baking sheet; broil 4 minutes or until cheese is bubbly. Remove from heat; sprinkle with pepper, if desired. Serve immediately.

Potato Chips:

1 large potatoes
Vegetable oil, for frying
Salt to season after cooking

Peel potato and slice very thinly using a sharp knife or mandoline. Place in a bowl of cold water for 10 minutes.

Fill a frying pan with 1 inch of oil and heat to 375 degrees.

Drain potatoes and pat until dry with towel or paper towel. Deep fry in batches in a single layer for 1-2 minutes.

Remove to drain, sprinkle with salt and serve.

Potato chips can be kept in an airtight container for up to 2 days